

At last, a book that explains what we know about the glycemic index, and its importance in designing a diet for optimum health.

—**WORLDWIDE, INC.**, University of Arizona College of Medicine, author of *Sensory Dieting* and *10 Weeks To Diabetes Remission*, in *The New York Times* bestseller *The New Diabetes Revolution*

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COMPLETE GUIDE TO GLYCEMIC INDEX VALUES

- GI values for hundreds of foods and beverages in easy-to-read tables
- Authoritative, comprehensive, and up-to-date data by the world's leading authorities
- Clear guidelines to the benefits of low-GI foods—plus two GI food pyramids

Jennie Brand-Miller, Ph.D. • Johanna Burani, M.S., R.D., C.D.E.
Kaye Foster-Powell, M.Nutr.&Diet. • Susanna Holt, Ph.D.

The New Glucose Revolution Complete Guide To Glycemic Index Values

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The New Glucose Revolution Complete Guide To Glycemic Index Values:

The New Glucose Revolution Complete Guide to Glycemic Index Values, 2003 **The New Glucose Revolution Complete Guide to Glycemic Index Values** Jennie Brand-Miller, Kaye Foster-Powell, Susanna Holt, Ph.D., 2003-09-01 Available for the first time is a pocket guide devoted exclusively to comprehensive tables of glycemic index values in an easy to read format *The New Glucose Revolution* Janette Brand Miller, Susanna Holt, Kaye Foster-Powell, 2009 This practical guide discusses how the carbohydrate in different foods affects blood glucose levels that influence diabetes heart health weight control and general wellbeing This book contains two GI glycemic index food pyramids and GI values The New Glucose Revolution Shopper's Guide to Low GI Values 2007 Dr. Jennie Brand-Miller, Kaye Foster-Powell, 2006-12-10 Whether you're grocery shopping planning tonight's dinner eating out or meeting with your nutritionist or dietitian this second annual edition of *The New Glucose Revolution Shopper's Guide to GI Values* 2007 is a must have book for all GI aware consumers Newly revised and updated included are glycemic index and glycemic load values for more than 500 popular foods tips on the best low GI foods available a guide to food labeling so you know what you're really looking at two GI food pyramids to guide your daily food choices **Maximize the Minimum-Maximize Both Strength and Endurance in a Minimum Amount of Time** Peter Andrews, 2007-08-17 The innovative workout program for the modern athlete **The Complete Idiot's Guide to Glycemic Index Weight Loss, 2nd Edition** Joan Clark-Warner, MS, RD, CDE, Lucy Beale, 2010-01-05 A fully updated and expanded edition of a weight loss program that readers can count on This fully updated and expanded edition clearly explains just how and why a glycemic index diet works by showing readers how to eat the right kind of foods more complex carbohydrates fibre grains and fruit The glycemic index diet is a solution for many people with Type II diabetes or those with insulin sensitivity or resistance Includes information on supplements easy recipes food lists and sample meal plans Includes an appendix with glycemic index counts and loads for all sorts of food Features a new study on how eating certain foods cold can make a big difference World Clinics: Diabetology - Type 2 Diabetes Mellitus V Mohan, Ranjit Unnikrishnan, 2014-05-30 Annotation This series provides diabetologists with the most recent developments in the diagnosis and treatment of Type 2 Diabetes Mellitus New drug classes are covered in depth and each article is followed by a comment from the editors highlighting the key features of the topic *Managing PCOS For Dummies* Gaynor Bussell, 2011-03-31 Don't be held hostage by Polycystic Ovary Syndrome with the right diet and effective exercise you can minimise its impact on your day to day life and future wellbeing Packed with realistic advice from a qualified nutritionist this guide takes you through everything from picking which treatments to try and which to avoid to thriving with PCOS superfoods and finding resources and support to help you stay positive and maintain your focus **Glycemic Matrix Guide to Low GI and GL Eating** Richard A. Price, 2008-04 The Glycemic Matrix is a new paradigm which combines the glycemic index with the glycemic load in a gram of food This maximizes hunger satisfaction while minimizing glycemic impact Functional Foods, Cardiovascular

Disease and Diabetes A Arnoldi, 2004-08-26 Cardiovascular disease and Type II diabetes are a growing problem for the developed world putting an ever greater strain on healthcare systems Edited by a leading authority this important collection reviews the role of functional foods in helping to prevent these chronic diseases Two introductory chapters provide a context for the rest of the book by assessing the potential of functional foods to prevent disease and the key issues concerning health claims Part one examines the importance of diet in the prevention of cardiovascular disease and diabetes with chapters on fat soluble nutrients antioxidants and iron intake Part two focuses on the role of phytochemicals in preventing cardiovascular disease including chapters on isoflavones and plant sterols Part three addresses the control of dietary fat including the use of polyunsaturated fatty acids and fat replacers The final part of the book reviews the use of starch and other functional ingredients in controlling cardiovascular disease with individual chapters on cereal beta glucans grain legumes and food fermentation by lactic acid bacteria Functional foods cardiovascular disease and diabetes is a standard reference for all those concerned with the role of functional foods in the prevention and control of cardiovascular disease and diabetes Reviews functional foods connection to preventing chronic diseases Examines the potential and limitations of dietary influences Illustrates health benefits associated with diverse food groups

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